



Give Them More
of the
Good Stuff!

Kiwi Basics



Shop and Save

- ☼ Choose kiwi that are firm and without wrinkles, cuts or bruises.
- ☼ Press the outside of the fruit with your thumb. If it gives to a little pressure, it's ripe. If the kiwi feels hard, it's not ready to eat but can be ripened at home.
- ☼ Fuzzy kiwi are the most common type and are available year round. Most have fuzzy skin with green flesh. Some varieties have smooth skin and golden flesh.
- ☼ Hardy kiwi (kiwiberries) are available in September and October near their growing areas. They may be available in some stores and farmers markets in Oregon.

Kiwifruit is an excellent source of vitamin C and vitamin K.

Fuzzy Kiwi



Hardy Kiwi



How to Peel Kiwi

- ☼ Use a paring knife, vegetable peeler or a spoon.
- ☼ To use a spoon:
 - Slice off both ends of the kiwi with a knife.
 - Insert the tip of a spoon under a cut edge and slide through to the other side.
 - Rotate the kiwi around the spoon while gently pressing the leading edge of the spoon against the peel.

To get all the fiber and nutrients from a kiwi, try eating the peel.

Store Well Waste Less

- ☼ Unripe kiwi can be held in a plastic bag in the refrigerator for up to 6 weeks.
- ☼ To ripen, put firm kiwi in a paper bag on the counter. To speed ripening, add an apple or banana to the bag.

☼ Ripe kiwi will keep for several days at room temperature and up to four weeks in the refrigerator.

- ☼ Gently rub kiwi under running water just before using.
- ☼ Kiwi can be frozen whole, sliced or crushed. Cut in half or peel first and package in labeled freezer containers.



The fruit we call kiwi first grew in China. Seeds were taken to New Zealand where the fruit grew well and became known as Chinese gooseberry. New Zealand exporters renamed it kiwifruit after their national bird, the kiwi. In North America the name is often shortened to kiwi.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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kiwi recipes

Quick Fix

- ✿ Eat kiwi whole like an apple or slice in half and scoop out the flesh with a spoon.
- ✿ Include in a sack lunch.
- ✿ Make a smoothie or frozen popsicles.
- ✿ Add to any fruit salad or make fruit kabobs.
- ✿ Make a yogurt and kiwi parfait.

Kiwi Pineapple Slaw

Ingredients:

- 1 cup **pineapple** in juice, undrained
- 3 cups finely shredded **cabbage**
- 4 **kiwi**, peeled and chopped (about 1½ cups)
- ½ cup chopped **celery**
- ¼ cup **raisins**
- ¼ cup **mayonnaise**

Directions:

1. Wash hands with soap and water.
2. Drain pineapple, reserving 3 Tablespoons juice. Cut pineapple into bite-sized pieces, if needed.
3. Combine drained pineapple, cabbage, kiwi, celery and raisins in a large bowl.
4. Stir reserved pineapple juice into mayonnaise until smooth. Add to cabbage mixture, tossing gently.
5. Refrigerate leftovers within 2 hours.

Makes 4 cups

Prep time: 15 minutes

Kiwi Salsa

Ingredients:

- 2 **kiwi**, peeled and chopped
- 1 Tablespoon finely chopped **onion** (try red or sweet)
- 1 Tablespoon minced **jalapeño pepper** (seeds removed)
- 1 Tablespoon chopped **cilantro**
- 1 Tablespoon **lime juice**
- ⅛ teaspoon **salt**

Directions:

1. Wash hands with soap and water.
2. Put all ingredients in a medium bowl. Stir gently to combine.
3. Refrigerate leftovers within 2 hours.

Notes:

- Try with tacos, tostadas, fish, chicken and more.
- Texture will be best when freshly made.
- No jalapeno pepper? Use any fresh pepper to add the flavor you like.

Makes 1 cup

Prep time: 15 minutes



**Kids
Can!**

• **When kids help make healthy food, they are more likely to try it. Show kids how to:**

- ✿ **safely chop or slice vegetables and fruit when they are ready to use a knife.**
- ✿ **use a can opener.**
- ✿ **measure and mix ingredients.**